

Breakfast Quick Reference Allergen Guide

October 2021

San Dieguito Union High School District Nutrition Services	ALLERGENS							
	Peanut	Tree Nut	Egg	Milk	Wheat	Soy	Fish	Shellfish
Pre-packaged items:								
Breakfast Bun (Bake Crafters) <small>+Manufactured in a nut-free plant</small>			●	●	●	●		
French Toast Sticks (Bake Crafters) <small>+Manufactured in a nut-free plant</small>			●	●	●	●		
Milk (8oz)				●				
Fruit Juice (4oz)								
Buttermilk Bar (Dave's Baking Company) <small>+manufactured in a peanut free plant</small>			●	●	●	●		
Pop-tart (Single)-Strawberry or Cinnamon					●	●		
Large Muffin (choc chip, double choc) (Dave's Baking Company)	U	U	U	U	U	U	U	U
Cereal (large bowl pack, 2oz) (multiple) Marshmallow Mateys, Shredded Wheat					●			
Cereal Bars (Trix, CocoPuffs) (when available)					●	●		
Bosco's- Mozzarella Sticks				●	●			
Crumb Square (Dave's Baking Company) (large/small) <small>+manufactured in a peanut free plant.</small>		U	●	●	●	●		
Breakfast Taco (Tac-go) (Sausage, egg, cheese) (Sunny Fresh)			●	●	●	●		
Mini French Toast Cinnamon Rush (Pillsbury)			●	●	●	●		
Mini Bagel (Filled) (Strawberry or Cream Cheese) (Pillsbury)				●	●			
Mini French Toast- Cinnamon (Pillsbury)			●	●	●	●		
Bagel "&" Cream Cheese <small>(Multiple sources: Tony Roberts) *Peanuts, Tree Nuts (including coconut) ARE present in the facility</small>	*	*		●	●			
Breakfast Tornado-Egg, Turkey Sausage & Cheese (Ruiz)			●	●	●	●		
Mini Pancakes- Maple Burst'n (Pillsbury)			●	●	●			
Mini Pancakes-Strawberry Splash (Pillsbury)			●	●	●			
Mini Pancakes- Banana (Pillsbury)			●	●	●	●		
Mini Cinnamon Waffles- (Eggo)			●	●	●	●		
PB&J (Un crustables®) (Grape/Strawberry)	●			●				
Donuts (Whole Grain Rich- Powdered/Choc)			●	●	●	●		
House-made items:								
PB&J (when available)	●				●			
Breakfast Burrito (when available)			●	●	●	U		

NUTRITION DISCLAIMER:

District kitchens are NOT allergen free facilities.

This information has been obtained by one, or a combination, of the following sources:

- Supplier information, 2) Ingredient Label, 3) Certain published data, 4) USDA approved nutrient analysis software, or 5) USDA National Nutrient Database. Allergens listed include the Eight Major Food Allergens. This information is furnished without warranty, expressed or implied. No legal responsibility is assumed for the use of, or reliance on, this data. As additional information becomes available, the ingredients for products are subject to change. **The allergen information provided should only be used as a general guideline. Please work closely with your school's Nutrition Services Supervisor to verify products used prior to consuming as ingredient substitutions do occur and product formulations are subject to change.**

◇Not all items offered at each location, verify available products in your school café.

U-Unidentified/Unknown

●-Contains Allergen

*Produced in a facility that **may** utilize peanuts and/or tree nuts

+Manufactured in a peanut free plant

The allergen information provided is based on review of current product formulation and ingredient listings. Product formulations, recipe changes, ingredient substitutions, and/or suppliers may change. For any additional allergen questions please call: **SDUHSD Nutrition Services: 760-753-6241, ext. 3426.** 08/30/2021